

AFFLECK VINDICATED AT THE GLOBES

ARGO DIRECTOR GETS OSCAR SNUB BUT THAT DIDN'T
MATTER LAST NIGHT, PLUS MORE COVERAGE IN SCENE PAGE 9



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Monday, January 14, 2013



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A 'landmark day'

Grand opening.

Emergency department
at city's new hospital
ready to take in
patients today



**JEREMY
NOLAÏS**
jeremy.nolais@metronews.ca

Physicians are expecting a
rush of patients almost im-
mediately as the emergency
department of Calgary's lar-
gest hospital opens for busi-
ness Monday.

Evaluation and treatment
of patients at the South Health
Campus will officially begin at
7 a.m. In all, 30 new treatment
spaces will go online in the
emergency department as well
as 20 short-stay spaces in a new
rapid access unit — currently
the only of its kind in Canada.

The grand opening, which
follows an initial phasing-in of
some services at the campus in
September, seemingly couldn't
come at a better time — emer-
gency departments have been
crammed in recent weeks with
thousands of patients battling
outbreaks of both influenza
and Norovirus.

"I think Calgarians need to
know that this is an amazing
opportunity for the city ... we

Price tag

- The total price tag for the South Health Campus, located at 4448 Front Street S.E., is pegged at \$1.3 billion, more than double the original estimated cost for the project.
- Officials anticipate the campus emergency department will treat 60,000 patients in its first year of operation.
- Inpatient beds at the hospital will open in roughly six week increments. By the end of the year, it's expected the campus will have 269.

have fantastic staff, we have innovative thinkers and we've had tremendous design opportunities," said campus medical director Dr. Cheri Nijssen-Jordan.

Alberta Health Minister Fred Horne did not attend a sneak-peek tour of the emergency department hosted for the media Sunday, but deemed the opening "A landmark day for Calgary and all of southern Alberta."

But while Heather Forsyth, health critic for the opposition Wildrose, said she was "delight-

ed" to learn of the emergency department opening, she was also taken aback.

"I heard as late as Thursday that it was going to be delayed again until October," she said Sunday. "It just goes to show the poor communication that has come with this hospital."

Alberta Health Services officials, however, said they kept the opening under wraps until early Monday to protect patients who may arrive at the emergency department prematurely — something that has already happened multiple times in recent months.

Concerns were also raised last year about recruitment of staff for the campus, however, Nijssen-Jordan said many of those wrinkles have been ironed out. One-third of emergency department staff were hired outside of Calgary, with some coming in from as far away as Europe.

Heather Smith, president of the United Nurses of Alberta, reinforced those comments when reached late Sunday.

"We aren't hearing of any issues," she said, adding the first few days of emergency department operations will be key to determining whether staffing levels are adequate.

TO SEE IMAGES OF THE SOUTH HEALTH CAMPUS EMERGENCY DEPARTMENT AND OTHER CLINIC AREAS OPENING MONDAY, HEAD TO METRONEWS.CA



Dr. Yael Moussadjji, medical director of the South Health Campus rapid access unit, is eagerly anticipating the arrival of her unit's first patients Monday, as the city's largest hospital opens its emergency department and a number of other clinics. JEREMY NOLAÏS/METRO

Tragedy at house party

21-year-old student killed while apparently trying to break up a confrontation at a house-party early Saturday PAGE 3

Another gang rape in India

Six suspects arrested in gang rape of a bus passenger in India, four weeks after a brutal attack on another student PAGE 5

When life gives you chickpeas, make cookies

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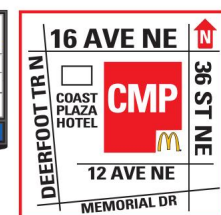
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Snowmobile. Speed, booze believed to be involved in fatal crash

A man was killed and a woman was seriously injured Sunday when their snowmobile crashed in a farmer's field in southeast Calgary, according to police.

"The snowmobile was travelling at a high rate of speed across a field when it drove into a large ditch," Insp. Patty McCallum said.

The 1997 Arctic Cat snowmobile "vaulted from the far side of (a) ditch" and crashed about 23 metres away, she added.

"On landing, the snowmobile was severely damaged and the occupants experienced severe trauma," McCallum said.

The 25-year-old male driver was pronounced dead at the scene and the 21-year-old female passenger was taken to Foothills Hospital with serious injuries, according to police.

Medical responders had to use a specialized SUV to access the crash site, according to EMS spokesperson Stuart Brideaux.

"We had to venture out into the field a ways off the road," Brideaux said. "We began treatment and moved her, actually, in the SUV out to the waiting ambulance."

Police believe the two people on the snowmobile were part of a larger group who were taking turns riding in the area.

McCallum said speed and alcohol are believed to be factors in the crash, which happened in a field near Industry Way S.E.

The crash coincided with the beginning of "International Snowmobile Safety Week," during which time snowmobiling associations urge enthusiasts to avoid alcohol while riding, to "slow down," and to "always expect the unexpected" when riding at night.

ROBSON FLETCHER/METRO

'Beautiful kid' killed in weekend stabbing

Tragedy. University of Calgary student Brett Wiese is city's third homicide victim of 2013



JEREMY NOLAÏS
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He was a "beautiful kid" with a bright future.

But now family members of 21-year-old Brett Wiese will be left to wonder what could have been after he was stabbed twice while apparently trying to break up a confrontation at a house party early Saturday.

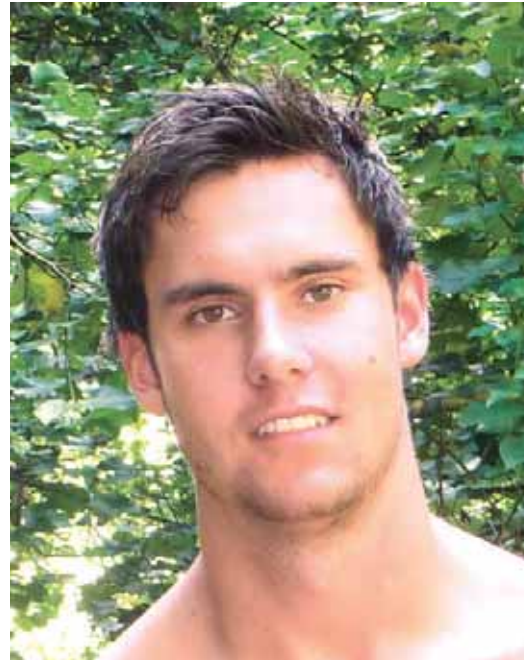
"This has come as a surprise to everyone," said Brett's uncle, Kip Wiese. "He was at a house-party with his friends enjoying himself ... it was the wrong place at the wrong time."

Police report arriving to a home in the 5100 block of Brisebois Drive around 3 a.m. Saturday. Two people were rushed to hospital and one later died.

The other victim, a friend

The scene

- Police tape surrounded the home where Calgary student Brett Wiese was killed over the weekend. From the street, a number of beer bottles could be seen stacked on a counter.
- Police duty Insp. Patty McCallum said investigators will be "working around the clock" and she expected more information to be released Monday.



University of Calgary student Brett Wiese has been identified as the victim of a fatal stabbing at a house party early Saturday. BRENDA WIESE/CONTRIBUTED

of Wiese's, was in critical condition until his condition was upgraded Sunday, Kip said.

Police have informed the family they believe a group of people were sent away from the house party earlier in the night and as many as four individuals returned armed with knives.

Kip said he's been informed that police have retained two suspects in custody, including one believed to be a minor.

Evergreen Village

Firefighters extinguish blaze, rescue four pets

A woman and young child safely fled a Saturday morning fire but firefighters had to rescue their pets.

The blaze broke out in a unit of the Evergreen Village residential complex on 64th Avenue N.E.

Firefighters extinguished the second-floor bedroom fire while also removing two cats, a hamster and a rabbit from the building. **METRO**

Repairs completed

Water flows again in Strathmore

Restrictions on water use in Strathmore were removed Sunday as repairs were completed on a major water-main break.

A pipe broke Friday evening in the town east of Calgary, spurring pleas from officials to 12,000 residents to use as little water as possible.

The cause of the main break is still under investigation; however, water supply levels have returned to normal. **METRO**

Suspicious death

RCMP seek vehicle of interest in investigation

Airdrie RCMP released few details after finding a body inside a local residence on Sunday, but say they are looking for a vehicle of interest.

So far, the death has been deemed "suspicious." Investigators are seeking the whereabouts of a purple 1994 Saturn SL2 with the licence plate EGF166.

METRO

Idle No More

Protests hit 14th Street and the Calgary Sun

Calgary saw two more Idle No More protests over the weekend.

Dozens of demonstrators marched from Nose Hill Park and temporarily blocked 14th Street on Saturday.

Then on Sunday, roughly 100 people gathered outside the Calgary Sun building to protest the news organization's coverage of aboriginal issues. **METRO**

1 NEWS



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Terry Begemann and Miranda Hovanes said Sunday they are aware of the planned closure of Chinook Station, but still aren't sure how they'll get around the area on modified bus routes.

ROBSON FLETCHER/METRO

C-Train riders still uncertain about impacts of Chinook closure

Major change.

Modified bus routes and a shuttle bus to and from the 39th Avenue C-Train station begin on Monday



ROBSON FLETCHER
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Some of the final C-Train riders to use Chinook Station before it closes Monday for an eight-month renovation were still unsure how the area's

modified transit system will work.

"There's still some confusion," said Xeniya Kostenko, who uses the station a couple times a week.

She felt the city had communicated the station's closure "well enough" to transit users but said the associated changes in bus routes still had people scratching their heads. One thing Kostenko was sure of was that her travel times would increase.

"It's going to be more difficult," she said.

Miranda Hovanes said she's excited to see what the new Chinook Station will

Complete reconstruction

Chinook Station, which sees an estimated 5,000 daily commuters, is set to close Monday for a complete reconstruction that will modernize the station and allow it to handle four-car C-Trains.

- Calgary Transit has been communicating the

changes through various media, as well as through staff members at the station, talking to riders face-to-face.

- For more information about the changes, visit calgarytransit.com or call 403-262-1000.

look like but in the meantime will likely avoid the area.

"I love coming to the (Chinook Centre) mall, and now I'm so confused," she said. "I

even read the signs, and I'm still confused."

Ald. Brian Pincott, whose ward includes Chinook Centre, said city employees have

done a commendable job coming up with a plan that will create the "least amount of disruption possible" at the city's busiest C-Train station.

Still, he anticipated some bumps in the road as commuters get used to the changes.

"We are creatures of habit," Pincott said.

Transit rider Terry Begemann said he learned about the station's closure a month ago but still isn't clear on the modified bus routes.

And, as for how the changes will affect his travel times?

"I guarantee you — a lot," he said.

No lives lost. Fire destroys southwest home

One of three people who safely evacuated a southwest house fire early Sunday morning said he was grateful no one was injured in the blaze.

"I have the good blessing from God, you know, because I'm out and my wife is out and my mother-in-law is out," said the man, who didn't want his name published.

The bungalow, however, will likely be a total loss, following the two-alarm fire that broke out around 4 a.m. in the 1100 block of 47th Street S.W.

"The house is gone," the man said. "What's done is done."

The blaze compromised the structural integrity of the home, according to the fire department, and the building will likely be demolished.

No injuries were reported among the residents, their pets, or the firefighters involved.

The cause of the fire is under investigation.

"We're just going to hold off on the demolition until after the investigation is finished," said Calgary Fire Department Battalion Chief Al Magwood. **ROBSON FLETCHER/METRO**



The aftermath of an early-morning fire that gutted a southwest home on Sunday.

ROBSON FLETCHER/METRO



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6 men arrested in India after another gang rape

Friday night attack.

29-year-old woman was travelling to her village in northern Punjab state when driver took her to a desolate location: Cops

Police said Sunday they have arrested six suspects in another gang rape of a bus passenger in India, four weeks after a brutal attack on a student on a moving bus in the capital outraged Indians and led to calls for tougher rape laws.

Police officer Raj Jeet Singh said a 29-year-old woman was the only passenger on a bus as she was travelling to her village in northern Punjab state on Friday night. The driver refused to stop at her village

despite her repeated pleas and drove her to a desolate location, he said.

There, the driver and the conductor took her to a building where they were joined by five friends and took turns raping her throughout the night, Singh said.

The driver dropped the woman off at her village early Saturday, he said.

Singh said police arrested six suspects on Saturday and were searching for another.

Gurmej Singh, deputy superintendent of police, said all six men admitted involvement in the rape. He said the victim was recovering at home.

Also on Saturday, police arrested a 32-year-old man for allegedly raping and killing a nine-year-old girl two weeks ago in Ahmednagar

Gender injustice

"It's a very deep malaise. This aspect of gender justice hasn't been dealt with in our nation-building task."

Seema Mustafa, a writer on social issues who heads the Center for Policy Analysis think-tank

district in western India, the Press Trust of India news agency reported. Her decomposed body was found Friday.

Police officer Sunita Thakare said the suspect committed the crime seven months after his release from prison after serving nine years for raping and murdering a girl in 2003, PTI reported Sunday.

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Protesters don't want gay marriage

Thousands of protesters mobilized Sunday against the French president's plan to legalize gay marriage, streaming into Paris by bus, car and specially reserved high-speed train. LORI HINNANT/THE ASSOCIATED PRESS

Canadian on death row

Parole board under fire in Montana

The Montana parole board that recommended against clemency for death-row Canadian Ronald Smith may be examined for being too tough on criminals. The review could result in limitations on the board's powers.

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Attawapiskat

Mulcair seeks end to hunger strike

NDP Leader Tom Mulcair is calling on Attawapiskat Chief Theresa Spence to end her liquid-only diet.

Mulcair told CTV's Question Period he's always concerned when someone seems willing to end their own life.

He says Spence ought to end her protest now following last week's meeting between Prime Minister Stephen Harper and First Nations leaders.

"I would sincerely call upon Chief Spence to realize that there has been a step in the right direction," he said.

Spence has vowed to continue until First Nations leaders can get Harper and Gov. Gen. David Johnston in the same room.

THE CANADIAN PRESS

Montana death row

Ronald Smith's parole board cited as too tough

The Montana parole board that recommended against clemency for death-row Canadian Ronald Smith may be examined for being too tough on criminals.

A motion introduced by the state's Republican Sen. Terry Murphy calls for a review, which could result in limitations on the board's powers or its elimination.

The board gave short shrift to Smith's request for clemency, not even giving reasons for why it recommended against it.

THE CANADIAN PRESS



Police dog takes a licking, keeps on sniffing

Vancouver police dog Teak peeks out of a VPD vehicle after his release from an animal clinic Sunday morning. The German shepherd is recovering after being slashed in the pursuit of a robbery suspect on Friday. Teak received 30 stitches to close up the 10-inch wound he sustained.

PHYLICIA TORREVILLAS/METRO IN VANCOUVER

Family of Reddit co-creator assigns blame for suicide

Aaron Swartz. Federal prosecutors at fault for intimidation in theft case, family asserts

The family of a Reddit co-founder who committed suicide weeks before he was to face federal charges that he stole millions of online scholarly articles is blaming prosecutors for his death.

Aaron Swartz hanged himself in his Brooklyn apartment Friday night, his family and authorities said. The 26-year-old had fought to make online content free and helped create RSS, a family of Web feed formats

used to gather updates from blogs, news, audio and video.

In 2011, he was charged with stealing millions of scientific journals from a JSTOR archive at MIT in an attempt to make them freely available.

He had pleaded not guilty, and his federal trial was to begin next month. If convicted, he faced decades in prison and a fortune in fines.

In a statement released Saturday, Swartz's family expressed bitterness toward prosecutors pursuing the case.

"Aaron's death is not simply a personal tragedy. It is the product of a criminal justice system rife with intimidation and prosecutorial overreach. Decisions made by officials in



Aaron Swartz THE ASSOCIATED PRESS FILE

the Massachusetts U.S. Attorney's office and at MIT contributed to his death," they said.

THE ASSOCIATED PRESS



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Nortel verdict will send message, observer says

Monday ruling. Former executives accused of cooking books, each face up to 10 years in prison

Three former Nortel executives accused of orchestrating a widespread multimillion-dollar fraud will learn their fate Monday, nearly a year after one of the largest criminal trials in Canada's corporate history began.

Ontario Superior Court Justice Frank Marrocco is set to rule on whether ex-CEO Frank Dunn, ex-CFO Douglas Beatty and ex-controller Michael Gologly manipulated financial statements at Nortel Networks Corp. from 2002 to 2003.

The men, who each face two counts of fraud, are accused of participating in a book-cooking scheme designed to trigger \$12.8 million in bonuses and stocks for themselves at the once powerful Canadian technology giant. The accused, who were fired in 2004, have all pleaded not guilty to the charges. If convicted, each could face up to 10 years in prison.

Marrocco was the lead pro-



Ex-Nortel CEO Frank Dunn leaves a Toronto court in this Jan. 16, 2012, photo. On Monday, a judge will rule on fraud charges against Dunn and two colleagues. THE CANADIAN PRESS FILE

secutor in the Bre-X Securities case — the largest corporate fraud case in Canadian history — and his verdict will send a message through both legal and financial circles, says one expert observer.

Darren Henderson, an assistant professor of managerial accounting and control at Richard Ivey School of Business at Western University, says that since the fall of Nortel, securities regulations have been tightened — particularly to ensure that top-ranking executives at major corporations are held more accountable when

By the numbers

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The verdict will come on the same day that mediation talks on the distribution of nearly \$9 billion in assets from the now-bankrupt Nortel begin in Toronto. The week-long proceedings are part of an effort to settle the company's creditor claims in Canada, the U.S. and around the world.

signing off on financial statements.

Despite this, Canada is still seen as soft on white-collar crimes, especially when compared to the stiff sentences handed out in the U.S. during the Enron scandal.

"When you look at white-collar crime, there is always going to be incentives for manipulating financial statements," he said.

"There is a direct financial incentive of increasing the value of your sales, getting a bigger bonus or keeping your job. And what has to counteract that is a disincentive or deterrent from the perspective of potential litigation and potential to go to prison."

THE CANADIAN PRESS

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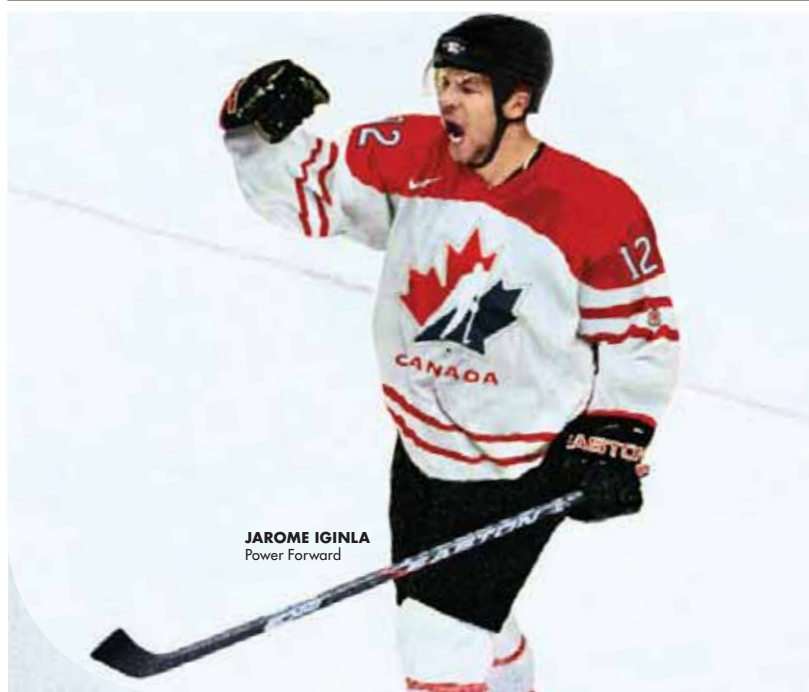
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IDLE NO MORE ON CIGARETTES



**URBAN
COMPASS**
Janice Paskey
calgary@metronews.ca

Alberta Premier Alison Redford, National Chief Shawn Atleo, Calgary Ald. Andre Chabot. Each of these newsmakers is linked by one unexpected fact: tied by tobacco.

So, Premier Redford referred Alberta's tobacco lawsuit to her ex-hubbie's law firm.

Alberta's ethics officer will investigate, but the real conflict is that our province regulates a product that is directly linked to most cancer deaths in this province and that it provides a lot of revenue to us.

Maybe we've accepted that. I don't think we should.

Research shows high taxes on cigarettes discourage smoking, especially among youth. Yet, Redford's government promises no new taxes for three years, even on cigarettes. This is in direct conflict with the government's own tobacco reduction strategy.

Tackle it with taxes

Research shows high taxes on cigarettes discourage smoking, especially among youth. Yet, Redford's government promises no new taxes for three years, even on cigarettes.

Aboriginals are especially affected. National Chief Shawn Atleo says poverty is killing his people. Yes, with help from cigarettes. Canada's Indian Act allows for untaxed cigarettes on reserve. The result? Some 58 per cent of on-reserve Aboriginals smoke. Their lung cancer outcomes are extremely poor.

Why care? Lung cancer is the number one cancer killer of women, and of men in Alberta. The disease is smoking-related in about 80

per cent of the cases. Let's not get so used to the fact we just accept it.

Medical leaders with Alberta Health Services are frustrated: frustrated with low taxes on cigarettes, frustrated with AHS staff who smoke, with teens smoking, and young women trying to say thin.

As one physician told me: lung cancer is the women's cancer (and the men's cancer). It kills more than breast, prostate and colorectal cancers combined.

Tobacco tax brings in \$925 million in yearly Alberta revenue (5.2 per cent of total), even more than fuel tax.

I agree with the tobacco companies: how can a government sue for a product it sells and regulates?

Then, there's Ald. Chabot, who proposed a bylaw to restrict outdoor smoking in Calgary last month. News reports say he's trying to beat the habit.

Calgary City Council seems skittish about restricting citizen freedoms, about making smoking voters mad.

So it's referred the smoking proposal for more study. When it comes back to council, let's join 34 Canadian municipalities with smoking restrictions for beaches and parks.

It makes more sense to tie bylaws to the most harm: and smoking, not pitbulls, or fast bikers, or unpicked-up dog poop, is a leading cause of harm.

It would take political leadership to go hard at our number one cause of cancer death.

Yes, it would.

City bustles despite warning

Beijing's air pollution goes off the index

People refused to venture outdoors and buildings disappeared into Beijing's murky skyline on Sunday as the air quality in China's notoriously polluted capital went off the index.

The Beijing Municipal Environmental Monitoring Center said the density of PM2.5 particulates had surpassed 700 micrograms per cubic metre in many

parts of the city. The World Health Organization considers a safe daily level to be 25 micrograms per cubic metre.

The centre recommended that children and the elderly stay indoors.

The U.S. Environmental Protection Agency's air quality index goes up to only 500, and the agency advises that anything greater than 300 would trigger a health warning of "emergency conditions."

THE ASSOCIATED PRESS

Anniversary picks up steam



ALASTAIR GRANT/THE ASSOCIATED PRESS

London Tube

Restored-train trip marks 150th

Metropolitan 1, a restored steam train built in 1898, passes through Farringdon Tube station on its journey between Olympia Tube station in the west and Moorgate station in London on Sunday.

The trip was part of celebrations for the 150th anniversary of the London Underground Tube system. The first stretch of the world-famous network opened to the public on Jan. 10, 1863.

THE ASSOCIATED PRESS

Underground

Onlookers catch glimpse of history

Tourists waiting for the morning subway train to Madame Tussauds were treated to the unusual sight. Hundreds of train fans, costume-wearing enthusiasts and curious onlookers gathered at platforms and bridges across the city to watch as the locomotive transported passengers on the iconic trip.

THE ASSOCIATED PRESS

Chugging along

Mayor calls ride 'romantic'

London Mayor Boris Johnson was among the invited passengers aboard the historic black-and-red locomotive. He said the trip was "romantic," describing "thick clouds of white steam going past and then bits of soot coming through from the engine."

THE ASSOCIATED PRESS

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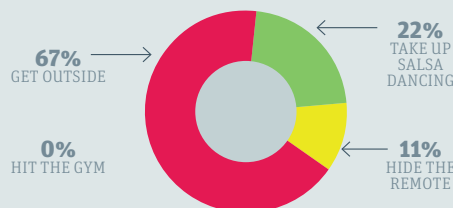
The U.S. Environmental Protection Agency's air quality index goes up to only 500, and the agency advises that anything greater than 300 would trigger a health warning of "emergency conditions."

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What's your plan for getting in shape in 2013?



Twitter

@LedaDavies:

Thanks #yyc #theater community for your support last night. What a way to close a show. #freak-show #hprodeo

@annemaccat:

Heard on #yyccan earlier: He called 911 because the driver "annoyed" him. #yyc Wish I heard the rest of the call.

@mshannahpickles:

Me goin skating: triple socks, leg-

gings, jeans, tank top, thermal, hoodie, down vest. That's standard for only -6 right? #yyc #canada #skate

@inam_net:

1st diploma exam tomorrow! Good Luck to all the students!! #yyc #yeg #ab

@LyleHatton:

I'm the laser tag champ at #Shakers #yyc. This round anyway.



Awards. Tina Fey and Amy Poehler delight as hosts; Canuck composer Mychael Danna gives a shout-out to friends and family back home



Wins for Daniel Day-Lewis for *Lincoln* (best actor in a drama), Jessica Chastain for *Zero Dark Thirty* (best actress in a drama), Michael Hanake for *Amour* (best foreign language film)

"I haven't seen someone so totally alone and abandoned since you were on stage with James Franco at the Oscars."

Jodie Foster, who received the Cecil B. DeMille Award for her long career in Hollywood, used her acceptance speech to stun audiences

This year's new co-hosts, Tina Fey and Amy Poehler, drew raves for their work, with a lively opening seg-

Danna spent nearly a year working on the score for *Life of Pi*, which tells the story of a shipwrecked Indian boy adrift in the Pacific Ocean with a Bengal tiger. The musician thanked his parents for giving him "the gift of music" and his friends and kids "back in Toronto." Also in the music category, Adele

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

*Jackass alum
killing it with
his new reality
show*

THE
WORD

Mark Breslin
scene@metronews.ca

Steve-O is the host of Killer Karaoke, a new series airing Tuesdays at 10 p.m. ET on Action.

The show features contestants performing their favourite songs in extreme and outrageous circumstances.

We recently caught up with the Jackass alumnus to learn more about the show, aging and making people cry.

You became famous for putting your body on the line in shows like Jackass.



Now you're putting other people's bodies on the line. Are you getting older or are you getting smarter? Or both?

I would like to believe both. I think that it's a good idea for me to work towards having a career more than a guy that just hurts himself.

Do the contestants know what fate awaits them?

When we're shooting a guy in a dog attack suit, he's probably got an inkling that he'll

be attacked by dogs. But for the most part, we don't let anybody on to what's going to happen.

And when you decide on what people are going to do, do you match the contestants' particular fears

Where we are able to cater to a person's particular fears, we do.

Is anybody so tough that they just go through the song like the challenge is

not even happening?

That hasn't happened. The challenges are tough enough that not one single person has made it through without registering some sort of difficulty.

Who makes better contestants, men or women?

Depends on the challenge. Everyone loves to see a guy in pain, I think and they love to see women scared, but not in pain.

So what were some ideas that you came up with that went too far even for you?

There was one point when a girl was crying. I don't like to see that. I think that one went a little too far. I don't like to make people cry. I would hate to be a contestant on Killer Karaoke — that's the honest truth, man. I would not do well on getting electrocuted that much.

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Canada

Sunscreen

Lather up. Yes, even in the winter

Even when it's hidden behind sleeting rain, the sun can harm your skin, says Boston-based dermatologist Dr. Thomas Rohrer. He explains why this is the case.

Why do we need to wear sunscreen in the winter?

Basically, the skin really doesn't care if it's summer, winter, spring or fall — it just measures the cumulative amount of sun exposure that you have from the day you're born until the day you die, and it just keeps adding up. For a lot of the skin cancers, what happens is, as we get more and more sun, eventually one of our weaker cells

reaches its limit and then forms a cancer, so whether you get that from walking to the car each day in the spring or sitting out on the beach for a couple hours in the summer, it really doesn't make a difference to the skin.

What about on days when you can't even see the sun?

On cloudy days, some of the damaging rays of the sun go right through the clouds.



(Using sunscreen) should just become a part of someone's daily skin-care routine.

MEREDITH ENGEL, MWN

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Parenting fads set to rule the playground in 2013

Yearly predictions.

Each year, parents jump on new trends, and many of them are just plain annoying



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Another year has gone by and another year filled with annoying parenting trends has been ushered in.

Here are some fads I'd like to see disappear by the end of 2013.

Trophies for all

This one has been around for a while. We are raising our kids in a generation of "everybody wins and nobody loses" and what this does is make losers of us all. Without experiencing not winning, kids don't know how thrilling it really is to bring home a coveted trophy or medal. They don't give out Participation Medals at the Olympics; let's stop giving

our kids trophies for simply turning up. Think of the money, gold coloured plastic, and particleboard that could be saved.

Snacks at every event

From visiting the local park to half-time at a pre-school soccer game, apparently we've decided our children can not a) be hungry at any point or b) be expected to not have a snack every half an hour that c) parents must carry with them at all times. Recess snacks? Snack break at a play date? End the madness, please.

Ramping up holiday time

Kids used to send Valentine's Day cards to only kids they actually liked in their classroom. Strange concept compared to today, when kids have to send in cards to everyone in the class, and half of them come with candies, stickers or pencils attached. Then there's the mom who brings in (more!) snacks to the class on her child's birthday. Let's lower that bar (and cost and calorie

count) just a bit, OK?

Food deception

This trend continues to be popular as parents everywhere hide kale, quinoa, broccoli and other healthy foods inside sauces, stews and other mixed dishes. Of course it's great to feed kids nutritious food, but they should also appreciate and learn about what they are eating so that they can make informed decisions once they leave home. One day they'll have to decide what to pick for themselves or (gasp) make their own lunch.

Kid-tatorship

In many households, the kids are running the show when it comes to what they eat, when they eat, when they go to bed, what activities they choose to do and even where to go on vacation. It's not all about the kids, kids. Remember that parents are people too and make sure you're not sacrificing all of your wants for theirs. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.



One trend sees all kids getting trophies just for showing up. ISTOCK

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1. Spread chickpeas on baking sheet and bake in 180 C (350 F) oven, 15 mins. Remove and set aside to cool.

2. In bowl of food processor, puree cooled chickpeas, sugars, butter, salt and egg until as smooth as possible. Transfer to bowl and stir in peanut butter (mix will seem too soft at this point). Chill in refrigerator until dough stiffens considerably, at least an hour or overnight.

3. Drop golf ball-sized spoonfuls of chilled dough onto baking sheet, being sure to leave room for cookies to spread. Flatten each twice with the back of a fork, dipping fork in cold water between each cookie.

4. Bake in 180 C (350 F) oven. 13 mins., until starting to turn golden at edges. Let cool on sheet for 5 mins. and transfer to cooling rack. Cookies will be very soft and fragile at first, but once cool will have chewy centre and crisp edges. **THE CANADIAN PRESS/SASKATCHEWAN PULSE GROWERS**

Ingredients

- 250 ml (1 cup) canned chickpeas, rinsed and drained
- 125 ml (1/2 cup) granulated sugar
- 150 ml (2/3 cup) brown sugar
- 50 ml (1/4 cup) butter, room temperature
- 1 ml (1/4 tsp) salt
- 1 egg
- 375 ml (1 1/2 cups) crunchy peanut butter



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460 calories, 24 g fat, 17 g saturated fat

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Second Cup Moccachino (16 oz, skim milk)

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Equivalent

A 16 oz., 2% milk Second Cup White Mocha with whipped cream is equivalent in fat to 10 8-oz cartons of chocolate milk. It also contains 1/3 of your daily calories and 1/2 your daily fat.



Census Takers Required

The City of Calgary will be accepting applications for Census Takers from Jan. 14 – Feb. 1, 2013.

Applications can be completed in person at The City of Calgary, Election and Information Services' office, 1103 55th Ave. N.E., 8:30 a.m. – 4:00 p.m., Monday to Friday.

What does a Census Taker do?

Starting April 1, Census Takers go door-to-door visiting all homes in their assigned area (approximately 400–600 dwellings) to collect census and enumeration information. This year, Census Takers will be collecting data using tablet computers.

To qualify as a Census Taker, you must be:

- 18 years of age or older.
- Available to collect census information during the first three weeks of April.

- Available to attend a daytime training session in March.
- Able to walk in seasonable weather conditions.
- Able to operate a tablet computer (training will be provided).

In addition to the application form, there is a written skills assessment that takes approximately 30 minutes to complete.

Successful applicants will be assigned on a first-come first-served basis.

For more information, please visit calgary.ca/census.

Onward! The City adapts its programs and service delivery according to changing needs and public expectation.

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The In-Credibility Factor

Name: Joy Hu
City: Toronto
Age: 26
Occupation:
Director, designer and
production manager
of The Joy Hu
Collection



THE IN-CREDIBILITY
FACTOR
Teresa Kruze
life@metronews.ca

Joy Hu is a Canadian fashion designer of couture clothing with showrooms in Toronto and New York. Joy started drawing at age five, produced her first design at the age of 13 and by the time she was 18 years old, her online design business was making \$10,000 a month. She describes her design style as "a cocktail of romantic elegance with modern sexy chic and a dash of diamond."

I knew I was on my way when ...

I started my showroom in Canada in 2008. I had just moved from China the year before and I didn't know anyone.

I started with one rack of 10 garments but now I have 20 racks in my showroom.



When Joy Hu started her showroom in Canada, she only had one rack of garments. Now she has 20. PROVIDED

My designs have an international taste with a twist of the East and West.

I look up to Vera Wang and in five or 10 years I want to be like her, but my definition of success isn't about money. I want my clients to feel and look good. When my customers are happy and come back, that makes me feel like I have done my job.

Action Plan:

Listen to your customer

There are lots of talented designers out there that are creating clothing more for themselves. Give your customer something creative, but remember to always make it wearable.

Social media is a powerful marketing tool

We don't have Facebook in China, so when I came to Canada I learned about social media. I have built my whole business based on Facebook — it's incredible. For the 21st century, online marketing is very important.

Watch your bottom line closely

In the early years of your business, be careful what you spend. I saw one designer put all their money into beautiful pictures, but went bankrupt shortly after. Start out slowly, be careful what you spend and always have a backup plan.



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Calgary Flames players stretch before the start of practice on the first day of training camp in Calgary on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

Iginla forced to sit on first day of camp

NHL. Flames say holding captain out a precautionary move

When the Calgary Flames finally got in their first practice of the season at the Scotiabank Saddledome, their captain was nowhere to be seen on the ice.

Instead, Jarome Iginla watched from the owners' box, while the rest of his teammates took in their long-awaited first skate.

The Flames say a groin injury kept Iginla off the ice, but add the move is precautionary.

"We told Jarome that we didn't want him to skate today," Flames general manager Jay Feaster said. "We said that we won't get any points this week, but next Sunday we'd like to pick up two.

Quoted

"I'm just trying to be ready because, if you saw practice today, it was pretty intense. It's a slight pull." Flames captain Jarome Iginla on his groin injury.

"It's nothing that we're concerned about. It's just that we don't want to push right now when we don't think there's a reason to do that."

With the Flames set to start the National Hockey League with back-to-back home games against the San Jose Sharks on Sunday and the Anaheim Ducks on Monday, coach Bob Hartley said he didn't want to take any chances by having Iginla re-aggravate the injury.

"He wanted to go because he's the captain," said Hartley, who told Iginla that he didn't want him to start training

camp until he felt 100 per cent. "He reacted very professionally. If it had been any other player, we would have done exactly the same thing. We're going to do what's best for them because what's best for them is best for the organization."

Forward Roman Cervenka and defenceman Anton Babchuk also missed the first day of training camp with the Flames.

Although the blood clots that Cervenka developed while playing for Lev Prague of the KHL this season are no longer present, the Czech forward is still on anticoagulant medica-

tion. Feaster said Cervenka won't be cleared to skate until being examined further by a hematology specialist in the United States.

Babchuk, meanwhile, suffered a shoulder injury while playing for Donbass HC of the KHL and Feaster said he expects him to be sidelined for three weeks.

During the first day of camp, Tanguay centred the top line with left-winger Curtis Glencross and Blake Comeau on right wing in place of Iginla.

"It's going to go by fast and we're going to try to make the best out of it," Tanguay said of the short time span all 30 teams are facing to prepare for the season. "We feel lucky to be starting here at home. We feel lucky to have an extra day to practise. We feel anxious to get going."

THE CANADIAN PRESS

NFL

Falcons survive 'Hawks historic comeback bid

Matt Bryant kicked a 49-yard field goal with eight seconds left and the Atlanta Falcons bounced back after blowing a 20-point lead in the fourth quarter, defeating Russell Wilson and the gutsy Seattle Seahawks 30-28 in an NFC divisional playoff game on Sunday.

The Falcons appeared ready to allow the biggest fourth-quarter comeback in NFL playoff history when Marshawn Lynch scored on a two-yard run with 31 seconds left.

But Matt Ryan completed two long passes after the kickoff, setting up Bryant's winning kick. The Falcons will host the 49ers in the NFC championship game.

THE ASSOCIATED PRESS

NFL

Brady sets record by beating Texans

Tom Brady became the winningest quarterback in post-season play, throwing for three touchdowns on Sunday to beat Houston 41-28 and lift the New England Patriots into the AFC championship game.

Brady got his 17th victory, setting up a rematch of last year's AFC Championship game against the Baltimore Ravens.

THE ASSOCIATED PRESS



Tom Brady on Sunday

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Horoscopes

Aries

March 21 - April 20

You will find it difficult to disguise your feelings today, but why would you want to? No matter how hard you try to keep your opinions to yourself something will slip out. Let's just hope it's something good.

Taurus

April 21 - May 21

No matter how carefully you try to explain something to a friend or colleague they just don't seem to get it. Are they stupid or are they stubborn? Whatever the answer don't waste too much time on them.

Gemini

May 22 - June 21

Don't commit yourself too easily, especially if certain people try to push you into making a quick decision. In fact, the more they talk up a project the more suspicious you should be. Make sure you know all the facts.

Cancer

June 22 - July 23

You would be wise to remember today that not everyone is as straightforward and honest as you - in fact some people seem to be evasive by design. Trust only those who have a track record of being straight shooters.

Leo

July 24 - Aug. 23

If you have a detailed plan of what you intend to do everything will work out fine. If, however, you leave things to chance your day will probably fall apart in a matter of minutes. So draw up that plan.

Virgo

Aug. 24 - Sept. 23

If you follow the rules over the next 24 hours you won't go far wrong, but if you cut corners you could end up in serious trouble. Today's aspects suggest someone is in for a rude awakening. Don't let it be you.

Libra

Sept. 24 - Oct. 23

Use your head when dealing with people in positions of power. You may be entitled to get angry with a certain individual but don't forget they have the power to make things difficult for you.

Scorpio

Oct. 24 - Nov. 22

Spell out what you expect of other people in plain and simple language today, because if your instructions are vague it's guaranteed they will get it wrong. Then they will be perfectly entitled to blame it on you.

Sagittarius

Nov. 23 - Dec. 21

You may have made up your mind about something but if everyone else disagrees with you it might be wise to think again. If you discover later on that you made a decision based on limited facts it could prove costly.

Capricorn

Dec. 22 - Jan. 20

You need to delegate more and you need to trust friends and colleagues to do a good job. Okay, so it won't be as good as if you had done it yourself but not even a Capricorn can do it all. Get help.

Aquarius

Jan. 21 - Feb. 19

Some things happen for a reason and some things, well, they just seem to happen. What takes place today will most likely fall in the latter category. Don't search too hard for an answer. Maybe there isn't one.

Pisces

Feb. 20 - March 20

Why worry about things that most likely will never happen? If you stop and consider what you are getting worked up about you will realize it is of no importance at all. Why frown when you could be smiling?

SALLY BROMPTON

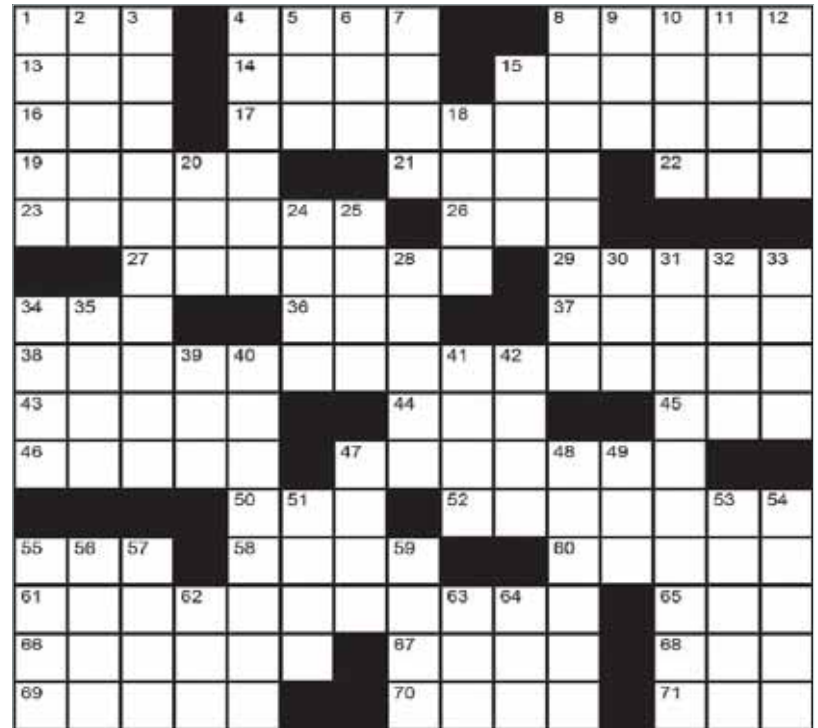
Crossword: Canada Across and Down

Across

1. Electronics co.
4. Wharf
8. Gartic segment
13. Vitner's prefix
14. Seed covering
15. Swiss
16. Australian boot maker
17. Guy in Alanis Morissette's "You Oughta Know": 2 wds.
19. Sea swallows
21. "You Raise ___" by Josh Groban: 2 wds.
22. ___ de plume
23. James Bond's tools-of-the-trade: 2 wds.
26. Sales pro
27. Neutral lip/___ (Makeup application pairing)
29. Emily Watson's role in "Gosford Park" (2001)
34. Jackie O's hubby
36. Blood-typing letters
37. Nicole Kidman's friend Naomi
38. Voyager vessels: 2 wds.
43. Jim Cuddy's band, with Blue
44. Actor Mr. Penn
45. US firearms org.
46. "___ secret that..."
47. Sasha Fierce singer
50. ___ Paulo, Brazil
52. Garage function
55. Facing [abbr.]
58. Laze
60. Taylor Swift song-for-charity
61. Reality star who won gold at the Montreal 1976 Olympics: 2 wds.
65. Theatrical monogram
66. Edmonton players
67. Ex-Leaf Tie
68. Kind of deer
69. Ex-Montreal team
70. Takeout orders, e.g.
71. Pastureland

Down

1. Major upsets
2. Pre-university school in Quebec
3. Rovyio game sensations: 2 wds.
4. Silent movie's in-distress role

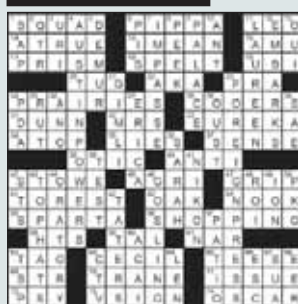


5. Hockey's Bobby
6. "El ___" (1961)
7. Supermodel Heidi
8. "The legend lives on from the ___ on down..." - Gordon Lightfoot
9. Lake: French
10. Ken of "thirtysomething"
11. Disallow
12. Word's history [abbr.]
15. Colonel Mustard's game
18. Mere's mate
20. Stop-___
24. Just ___ (Small bit)
25. Ms. McEntire

28. Radiohead singer Thom
30. PC linking system
31. The ___, Canadian author Margaret Laurence's most famous work: 2 wds.
32. Road of Rome
33. 'Cont' completer (Italian noblewoman)
34. Dugout shelter
35. Hilarious one
39. 100 yrs.
40. Gene Hackman basketball movie
41. Jays followers

42. Curdle
47. Tree trunk
48. Action star Chuck
49. ___Magnon Man
51. Noun modifiers, for short
53. Movie star Clark
54. Laud to the heavens
55. Orchestra instrument
56. Grand ___ racing
57. "___ Fiction" (1994)
59. Remnants
62. Company pres.
63. ___ Turn (Road sign)
64. Diplomatic bldg.

Yesterday's Crossword

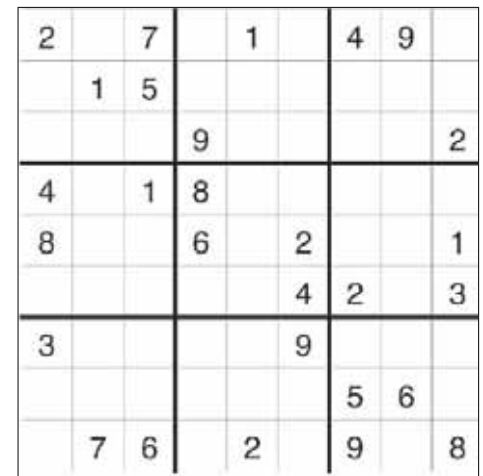
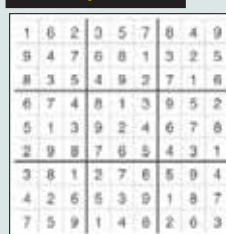


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 4°
MIN: -10°

TUESDAY



MAX: 8°
MIN: 3°

WEDNESDAY



MAX: 2°
MIN: -2°



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(Psalm 91:14)

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